



Screentime is Here
Protect Your Children
The weather is warming up.
Flies and Mosquitoes
will be here before you know it.

Better prepare for them and have your windows and doors fitted with screens. We have everything here in the screen line that you could ask for and our prices are low enough to please anybody.

Let us make you an estimate.
Don't spend your time swatting.

QUALITY PRICE SERVICE
EARL C. CLAPP
IF NOT RIGHT WE MAKE IT RIGHT
PHONE 12 ALMA, MICH.



Appetite is Man's Best Friend

But, unless satisfied regularly is the source of much misery—the poor man's care, the rich man's envy. Our specialty is the correct care of appetite.

Entrust Your Appetite to us

QUALITY A GOOD PLACE TO TRADE SERVICE
Powell's Grocery
IF IT IS SOMETHING GOOD TO EAT - WE HAVE IT
PHONE BELLE 282 UNION 466
ALMA, MICH.

Going to Saginaw

Our New Four-story, Fire-proof Garage, storage capacity-600 automobiles, completed. Competent mechanics both day and night. One block from the leading hotels. Try our accommodations for Night Storage.

208-218 N. Washington Avenue

GARBER BUICK CO.

G. S. Garber

PARIS CAFE

ALMA'S BEST RESTAURANT

Which furnishes the Very Finest Meals to be secured in the city. Lunches and Parties a specialty.

The Paris Cafe

East Superior Street - ALMA, MICHIGAN

"RIGHT FACE"

By Mrs. Ida S. Harrington
Home Economics Director for Rhode Island.

MAKE OVER YOUR QUESTIONS AND OBJECTIONS AND BRING THEM UP TO DATE!

CHANGE THE QUESTION: "WHAT DO I HAVE TO DO," WHICH MEANS, "HOW LITTLE CAN I DO?" INTO:

"WHAT NEEDS TO BE DONE?" WHICH MEANS: "HOW MUCH MAY I DO?"

Correct these theories. They are out of date.

1. It is NOT true that wheat substitutes are harmful to health.
2. It is NOT true that certain cereals are "heating".
3. It is NOT true that nut margarine is injurious because some brands contain a small percent of benzoate of soda.
4. It is NOT true that granulated or loaf sugar is necessary to health.
5. It is NOT true that milk is not a necessary food.
6. It is NOT true that potatoes are "fattening".
7. It is NOT true that rice may be used with meat instead of potatoes, without adding green vegetables.

Substitute these theories. They are up to date.

1. It IS true that for anyone in normal health a mixture of grains has greater food value than any one grain alone.
2. It IS true that meat—not cereals—cause discomfort in summer.
3. It IS true that nut margarine is as good as any other VEGETABLE fat. None takes the place of the fat in butter or unskimmed milk.
4. It IS true that the more we depend on the sugars found in fruits and vegetables, and milk, the more we get—"thrown in"—other things that the body needs just as much as sugar.
5. It IS true that milk and green vegetables are the two groups of foods that are most needed in balancing the ration. Anyone can do without meat. No one ought to do without milk.
6. It IS true that they are less so than bread. Potatoes contain more water and less starch than does bread.
7. It IS true that potato and meat "balance" each other, rice and meat do not.

TELEGRAM

Re Washington, D. C., May 30, '18.
Prescott Food Adm., Lansing, Mich.

"Recent press dispatches widely circulated through the country have given the wholly false impression that there is no longer need for rigorous conservation of wheat and flour. The food administration declares that every aspect of the wheat situation both present and prospective intensifies the need for the greatest possible limitation in the American consumption of wheat and wheat products. If present restrictions should be in the slightest degree relaxed it would result in serious want for the people of Europe before the new crop can reach the market."

The food administration estimate of the position on the first of June indicate a total available supply until the new harvest, including the grain which will be available from the farm in country and terminal elevators and mill elevators, of about fifty-six million bushels. Of this thirty million bushels must be exported before new wheat is available for export if we are to maintain the absolute necessary shipments to our army and the allies. That leaves about twenty-six million bushels for domestic consumption for the next two months.

North American consumption is something over forty million bushels a month so that most liberal consumption at home would be only one-third of normal.

In addition to the wheat on the farms and in elevators there is always an indeterminate further amount in transit and in dealers' hands and this can never be reckoned in with the flour available for use for export and use at home. As a matter of fact this stock is not actually available since these supplies must remain constantly in flow; they remain a permanent stock the removal of which would later cause a period of acute shortage in distribution before new wheat would be available.

There is further an inclination to include new crop prospects with present condition which have led to confusion. The harvest will not be generally available in flour in middle August or early September, although in the extreme south it would be somewhat earlier.

At a meeting of the federal food administration in Washington yesterday representing from forty-eight states it was the unanimous view that even if the harvest does prove abundant it will be the first duty of the American people to place every grain they can save into storage as against possible bad years ahead. In consequence there should be no anticipation of unlimited wheat until the war is over. Some of the most inconvenient restriction can no doubt be modified with the arrival of a large harvest but if we are honest with ourselves we will maintain restrictions requiring the use of some substitutes both domestic and commercial; we will continue the requirements of high milling extraction and the elimination of the non-essential use of and waste in flour and bread.

It is worth remembering the famine in Egypt eight thousand years ago was saved by a little governmental foresight and it does not require any illuminating dream to anticipate that so long as the war lasts with its increasing drafts for soldiers and munition the world will steadily produce less food. If we are wise a great harvest will mean the willing building up of a great national reserve.

HERBERT HOOVER.

The return ticket for our boys in France will be secured largely through American savings of wheat, sugar and fats.

Dorothy Dalton in a story of the great out-doors—Idlehour, Monday.

To Go Through And Win

A French woman writing to an American housewife says: "But, after all, we have but one thought. It is to go through and win." All American housewives are at last awake to this one thought: that this war is a deadly struggle for right and liberty, and that every woman in the home, like every man at the front, must be ready to do her best to go through and win.

Further on, the letter reads: "You ask me to tell you what I think we need the most. I think it is flour, wheat, all cereals in fact. We are getting short of many things. Everything is very expensive. Soap that I bought for about 60 centimes (six cents) four years ago, costs now nearly 4 francs (eighty cents). Olive oil has advanced in the same proportion." This is an index to conditions in France.

In Italy, there is extreme need of cereals and a scarcity of meat, codfish and wheat. England has met every reduction in her ration with that same grim determination with which she fights at the front. She has taken from her own diminished food stores and shared with France.

If America is to go through and win she must begin to share the sacrifices as well as the victories of these brave Allies. She must see that they have their share of the world's remaining food supplies. The combined population of the allied European countries is about 143,000,000. It is the part of every man, woman and child here in America to see that in so far as possible each shall have his share of the food supply.

The story of why they want wheat has been told so often it needs no retelling here. America's reserve supply of wheat was gone by December and since then we have been sending them only what could be saved from individual consumption. Gradually the American people have cut down on consumption until they were able in the single month of March, 1918 to ship in wheat and its products the equivalent of 15,000,000 bushels. This shows what genuine patriotism can accomplish.

A still further reduction is demanded, however, if any wheat at all shall be left to send abroad. Shall we not willingly and gladly give up all wheat in our diet for the next ninety days, if by so doing we can help the Allies, as well as our own Army at the front, to GO THROUGH AND WIN?

WHEATLESS MUFFINS

"Instead of bread use muffins", suggests the United States Food Administration. You can mix these up in fifteen minutes. That's why they're called quick breads.

BARLEY AND OATMEAL MUFFINS

- 1 1-2 cups barley flour
- 3-4 cup ground rolled oats
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 cup liquid
- 2 eggs
- 1 tablespoon fat
- 2 tablespoons syrup

RICE FLOUR AND BARLEY FLOUR MUFFINS

- 1 cup rice flour
- 1 1-2 cups barley flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- 1 cup liquid
- 2 eggs
- 1 tablespoon fat
- 2 tablespoons syrup

BUCKWHEAT AND OATMEAL MUFFINS

- 1 cup buckwheat
- 3-4 cup ground rolled oats
- 1 teaspoon salt
- 4 teaspoons baking powder
- 1 cup liquid
- 2 eggs
- 1 tablespoon fat
- 2 tablespoons syrup

Madge Kennedy in "The Danger Game"—Idlehour, Sunday.—adv.

COKE

\$10.00 per ton

Until July 1st

Due to increased freight rates, the price of Coke will be **\$10.50** per ton beginning July 1

The price of coke beginning September 1st will probably be **\$11.00** per ton.

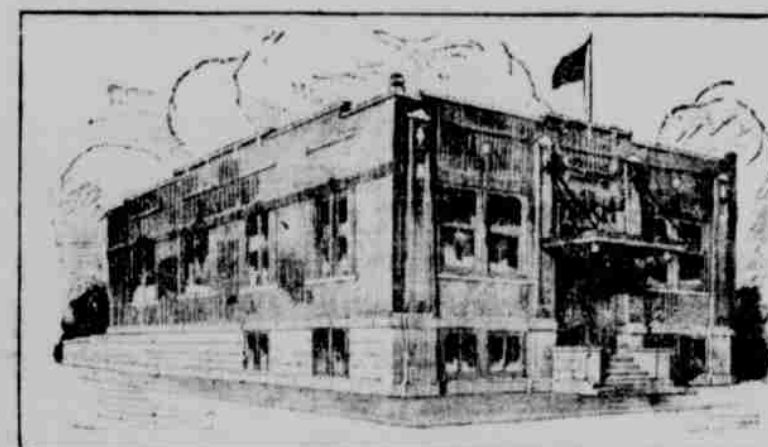
Buy Your Coke Now

and Save Money

Gratiot County Gas Co.

Fourth Successful Season!

30,124 Members
May 1, 1918



The Pioneer in the Field!

\$70,000 Cash in Banks

New Home of the Citizens Mutual Auto Insurance Company to be Opened at Howell, Michigan, May 10th, 1918

This beautiful new office building, erected during the past year, will be opened as headquarters of Michigan's pioneer mutual auto insurance company about May 10th, and our friends and members will always find a welcome sign hanging out for them. The building is of modern tapestry brick construction, with ample office facilities to care for our growth for many years. It contains a large hall suitable for members' and agents' meetings with a capacity of two hundred persons, two large fire-proof vaults for company records and every modern office convenience. This building is located on Grand River avenue, Howell, in the heart of this thriving, centrally located Michigan city.

Mr. Auto Owner, Your Risk is not Alone from Fire, Theft or Liability!—be sure the Company you Insure with is SOLID!

Growth Means Strength!

The Following Shows New Members Added and Claims Paid Each Month for 1917:

522	January	34	\$ 2,927.06
479	February	18	2,969.58
1979	March	23	2,509.77
2192	April	16	1,242.96
2473	May	27	3,740.06
2135	June	46	4,222.76
2180	July	45	5,598.18
1534	August	40	6,815.97
1283	September	56	6,146.04
1906	October	55	7,864.98
630	November	44	5,770.95
402	December	70	9,130.27
15,786		474	\$58,938.91

During the first three months of 1918 We Have Settled 132 Claims, Amounting to \$21,185.54.

Of course you are going to insure your automobile against fire, theft and liability this year—no thinking man will drive any car a mile without this protection—so the important point is to be sure the company you insure with is safe, trust-worthy and amply able to care for the losses which are bound to occur, so that you may be sure of protection when the emergency comes.

The Citizens' Mutual Auto Insurance Company is the pioneer in its field in Michigan. It begins its fourth successful season with more than 30,000 auto-owning members, not one of whom it a resident of Detroit or Grand Rapids, so that our losses are minimized. Every member of a mutual such as ours, adds one link in the chain of security by which your own auto is protected, so look to the number of members in the mutual you insure with.

Last year, 1917, we added 15,786 new members and thus increased the strength of this pioneer mutual by just that number. Auto insurance is a mighty risky business. In the first three months of 1918 we settled 132 claims amounting to \$21,185.54, last year (1917) we paid out a total of \$58,938.91, so the company you insure with must be well-financed and ready to meet the heavy losses which are sure to come.

Why take a chance? You know the Citizens' Mutual. You know the men behind it, you know that your share of liability with 30,000 other auto owners and that back of your company always is a large reserve fund of actual cash to meet any emergency.

When the accident happens, you want protection, not excuses!

Don't take a chance when it is unnecessary, insure with

Citizen's Mutual Auto Insurance Co.

W. E. ROBB, Secretary, Howell, Michigan

If You Want Results Advertise

Your Auction Sale in the Record